

MAY 2004

# SUNRISE SENIOR CENTER

10650 West Oakland Park Boulevard (954)746-3670

## Activities

## ⌚ Celebrate Older Americans Month! ⌚

### Special Events, Seminars & Classes

Wednesday, May 5

#### Remember When - The Classics

Do you have anything that would be considered a classic... lunch boxes, cans, jars, pictures, books or any knick-knacks? If so, bring it in to share with our group. Let's discuss how things have changed and if we feel it has been for better or worse. Class begins at 2:00 p.m.

Wednesday, May 19 & Thursday, May 20

#### 55 Alive Defensive Driving

We are offering the 2-day A.A.R.P. Defensive Driving Class on May 19 and 20. The class is from 9:00 a.m. to 1:00 p.m. Registration begins Tuesday, May 4 for members only. If space is available, non-members may sign up on Tuesday, May 11. Bring a \$10.00 check to the class made out to A.A.R.P.

Friday, May 21

#### Krafty Korner - Wooden Bird Feeders

Just in time for spring! Don't miss your chance to build and decorate your very own wooden bird feeder. Please bring a hammer if you have one. Hang it in your garden or give it as a gift to welcome in the spring. The class is \$5.00 for members, \$7.00 for non-members. Class begins at 9:30 a.m. Space is limited, so sign up now.

Friday, May 21

#### Pen Pal Program

On Friday, May 21, our group will be going to meet our Pen Pals. Our bus will be departing at 11:30 a.m. and returning at approximately 1:00 p.m. If you desire, bring a small memento for your child to remember you by.

Wednesday, May 26

#### Green Thumbs - Pressed Flower Glass Coasters

Create your own pressed flower coasters to use for yourself or make it the perfect gift for that someone special. Class begins at 10:30 a.m. Sign up begins Monday, May 3 and costs \$1.00 for members. Non-members may sign up for only \$3.00 beginning Monday, May 10.

Friday, May 28

#### Book Review - "In Silence" by Erica Spindler

Cypress Springs, Louisiana is a perfect town where moral, decent citizens lead safe wholesome lives. However, it seems outsiders do not fare so well. Why? Come find out. The review begins at 9:30 a.m. Bring a friend.

***The Senior Center will be closed Monday, May 31 in observance of Memorial Day.***

## Looking Ahead...

Monday, June 7

#### Lunch Bunch

Join your friends for a delicious kosher hot dog with all the fixings at 11:30 a.m. Sign up begins, Monday, May 3. Space is limited so don't miss out. Cost is \$1.00 for members only.

Monday's & Wednesday's

#### Current Events

Anyone interested in joining us for a weekly discussion on world news & happenings this is the place for you. Get out of the heat, & meet some new people while discussing current events. Class is weekly at 10:30 a.m.

**Look inside for information on Older Americans Month Events!**

Mayor Steve Feren, Deputy Mayor Sheila D. Alu, Commissioners: Irwin Harlem, Donald K. Rosen, Joseph A. Scuotto

MONDAY		TUESDAY	WEDNESDAY
9:00 a.m. - 12:00 p.m. <b>Sunrise Woodcarvers</b> <i>Arts &amp; Crafts Room</i>	9:30 a.m. - 11:00 a.m. <b>Open Computer Lab</b> <i>Classroom</i>	10:30 a.m. - 11:30 a.m. <b>Current Events</b> <i>Classroom</i>	
10:00 a.m. - 11:30 a.m. <b>Ballroom Dancing</b> <i>Burgundy Room A</i>	9:30 a.m. - 11:00 a.m. <b>Canasta Class</b> <i>Arts &amp; Crafts Room</i>	12:00 p.m. - 3:00 p.m. <b>Bridge (Open Play)</b> <i>Burgundy Room A &amp; B</i>	
10:30 a.m. - 11:30 a.m. <b>Current Events</b> <i>Classroom</i>	9:30 a.m. - 12:00 a.m. <b>Mah Jongg Class</b> <i>Burgundy Room B</i>	1:30 p.m. - 3:30 p.m. <b>Intermediate Painting</b> <i>Arts &amp; Crafts Room</i>	
<b>Monday Classic Movies</b>	9:30 a.m. - 10:30 a.m. <b>Stretchercize &amp; Hand Weight Training</b> <i>Burgundy Room A</i>	<b>New Release Tuesday Movies</b>	
<i>Enjoy classic movies at 12:30 p.m. in Burgundy Room A</i>  May 3 New Moon Nelson Eddy, Jeanette MacDonald  May 10 Murphy's Romance James Garner, Sally Field  May 17 The Snows of Kilimanjaro Gregory Peck, Susan Hayward  May 24 The Young at Heart Frank Sinatra, Doris Day	12:30 p.m. - 3:30 p.m. <b>Mah Jongg (Open Play)</b> <i>Burgundy Room B</i>	<i>Enjoy new release movies at 12:30 p.m. in Burgundy Room A</i>  May 4 Lost In Translation Bill Murray 1 Ho, 42 Min (Rated R)  May 11 Mona Lisa Smiles Julia Roberts, Julia Stiles 2 Ho (PG-13)  May 18 Intolerable Cruelty George Clooney, Catherine Zeta Jones 1 Ho, 40 Min (PG-13)  May 25 View from the Top Gwyneth Paltrow 1 Ho, 40 Min (PG-13)	
	1:00 p.m. - 3:00 p.m. <b>Beginners Computer Class</b> <i>Classroom</i>		
	<b>SPECIAL EVENING HOURS</b> 6:00 p.m. - 9:00 p.m. <i>Open Game Room</i>		
	6:00 p.m. - 9:00 p.m. <b>Woodcarving</b> <i>Arts &amp; Crafts Room</i>		
	6:30 p.m. - 8:30 p.m. <b>Beginners Computer Class</b> <i>Classroom</i>		
1:00 p.m. - 3:00 p.m. <b>Arts &amp; Crafts</b> <i>Arts &amp; Crafts Room</i>	7:00 p.m. - 9:00 p.m. <b>Twilight Dance</b> <i>Burgundy Room</i>		
<b>TRIP &amp; TICKET POLICIES</b> TURN THE PAGE FOR INFORMATION ON OUR JUNE & JULY TRIPS!			
<div><div><ul style="list-style-type: none"><li>• When purchasing tickets, please indicate the full name of your guest.</li><li>• When you are called about a food choice for a trip, you must return the call within 2-3 days, otherwise a choice will be made for you. No changes can be made 7 days prior to the trip or at the restaurants.</li><li>• Trips departing before 3:30 p.m. leave from the Civic Center east parking lot.</li><li>• If you purchase a ticket and later sell or give it to someone you must contact a Senior Center staff member to make a name change on our master roster.</li><li>• A Group Leader is available on most trips. In their absence, the Bus Driver will act as Group Leader. The Group Leader checks all participants in and assists in providing you with the best possible experience.</li><li>• Please occupy the same bus seat on the way to and from an event.</li></ul></div><div><ul style="list-style-type: none"><li>• Members MUST be present to purchase tickets. You may, however, buy a ticket for a member who resides in the same household as you, provided you present their I.D. card.</li><li>• You may purchase one additional ticket (at the higher guest price) for each member ticket purchased. Two tickets maximum per person.</li><li>• No tickets will be sold before the published sale date. Sales commence at 9:00 a.m.</li><li>• Current I.D. cards must be presented for any transaction.</li><li>• Non-members may purchase tickets, based on availability, at a later date. Check with the front desk for open sale dates.</li><li>• No membership renewals or new members will be accepted on the morning of ticket sales.</li><li>• Refund Policy: The City reserves the right to retain fees to cover expenses non-refundable to the City.</li></ul></div></div>			

The Sunrise Senior Center is closed on Saturday and Sunday.

# THURSDAY

# FRIDAY

# OLDER AMERICANS MONTH EVENTS

9:30 a.m. - 10:30 a.m.

## Senior Trivia

*Arts & Crafts Room*

10:00 a.m. - 12:00 p.m.

## Line Dancing

*Burgundy Room A*

1:00 p.m. - 3:00 p.m.

## Duplicate Bridge

*Burgundy Room A*

1:00 p.m. - 3:00 p.m.

## Gametime

*Burgundy Room B*

1:30 p.m. - 3:00 p.m.

## Bereavement Support Group

*Classroom*

a a a

9:30 a.m. - 10:30 a.m.

## Senior Aerobics

*Burgundy Room A  
(No class 5/14)*

10:00 a.m. - 11:00 a.m.

## Friendship Connection

*2nd & 4th Fridays, Classroom  
(No class 5/14)*

12:00 p.m. - 1:00 p.m.

## Pan Lessons

*Arts & Crafts Room  
(No pan 5/14)*

1:00 p.m. - 2:30 p.m.

## Choral Group

*5/14- Singing at Library*

1:00 p.m. - 2:30 p.m.

## Bingo- Burgundy Room B

*(No bingo 5/14)*

1:30 p.m. - 3:30 p.m.

## Beginners Painting

*Arts & Crafts Room  
(No painting 5/14)*

## IMPORTANT INFORMATION & UPCOMING EVENTS

### Mammovan

The American Cancer Society recommends a baseline mammography for women between the ages of 35-40 and then a routine annual mammography every year after the age of 40. A mobile mammography unit from the North Broward Hospital District is available on **Tuesday, May 11 and Tuesday, June 8** in the Sunrise Senior Center parking lot at 10650 West Oakland Park Boulevard to provide mammography screening. The exam fee is \$55.00 and they will accept insurance coverage for payment (no HMO's please). Please call (954) 746-3670 for an appointment or for further information.

### Bloodmobile

The Community Blood Centers of South Florida Bloodmobile will be at the Sunrise Senior Center. Any people wishing to participate up should sign up at the front desk no later than Monday May 10. Please let us know what time of day is best for you and you will be contacted with your appointment time.

**Location:** Sunrise Senior Center

**Date:** Monday, May 10

**Time:** 8:30 a.m. - 3:00 p.m.

### Memorial Day Ceremony

Everyone is cordially invited to attend a special celebration paying tribute to all veterans. The ceremony features a 21-gun salute, speakers, the presentation of colors and refreshments.

**Location:** Welleby Park, 11100 NW 44<sup>th</sup> Street

**Date:** Monday, May 31

**Time:** 9:45 a.m.

### Broward Aging Network Conference (BANC)

This is the last chance to get your tickets. This conference will offer a variety of sessions dealing with specific aging issues including: Hop on the bus Gus! (Giving up your keys), Rights to Benefits for Veterans, Reverse Mortgages, Living Wills, Home Modifications, various health and safety lectures and much more. Various free tests will be given (such as blood pressure, osteoporosis screening, etc.) continental breakfast will be served, as well as a boxed lunch.

**Date:** Tuesday, May 4

**Time:** 7:30 a.m. - 6:00 p.m.

**Cost:** Members \$10.00/ Guests \$12.00

### Osteoporosis Screenings

The Florida Department of Elder Affairs will be providing free bone density scanning at The Sunrise Senior Center for Seniors 60+ years old. Space is very limited and an appointment will be required. Call for available space.

**Date:** Thursday, May 6

**Time:** 9:00 a.m. -12:00 p.m.

**Cost:** Free

### Older Americans Month Concert

Join us to listen to the beautiful sounds of the Sunrise Star Performers. Light refreshments will be served following the concert. Call the front desk for available space.

**Date:** Friday, May 7

**Time:** 1:30 p.m.

**Cost:** Free

### Line Dance Workshop

If you like to kick up your heels, this is your chance. Enjoy a fun filled morning of learning new dances, by various instructors.

**Date:** Thursday, May 13

**Time:** 9:30 a.m.-12:30 p.m.

**Cost:** Free

### Annual 8-Ball Tournament

Calling all men & women senior pool players...this is your chance to show off your stuff. An awards ceremony will be held to honor all the participants and winners. Sign up now.

**Date:** Tuesday, May 18, Thursday, May 20, &

Friday, May 21

**Time:** 1:30 pm

**Cost:** Free

### Free Hearing Screenings

The League of Hard of Hearing will be providing hearing screenings at The Sunrise Senior Center for Florida residents. Space is very limited and an appointment will be required. Call for available space.

**Date:** Monday, May 24

**Time:** 9:30-12:30

**Cost:** Free

## JUNE TRIPS

Tickets on sale: Members Friday, May 7,  
Non-Members- Friday, May 21

### **Brazilian Tropicana**

Get ready to embark on a trip into the world of Brazil...No passport required! The finale will be the colorful, exhilarating spectacular Carnaval.

Date: Sunday, June 6

Time: 4:45 p.m. - 11:00 p.m.

Cost: Members \$35/ Guests \$37

### **Florida Marlins vs. Chicago White Sox**

They're back! The World Champs will be taking on the Chicago White Sox right here in our hometown. Don't miss the action.

Date: Tuesday, June 15

Time: 5:00 p.m. - 10:00 p.m.

Cost: Members \$16/ Guests \$18

### **Bayside and the Island Queen**

Visit fabulous shops at Bayside followed by a delicious lunch at Snappers. Then board the Island Queen for a 90-minute guided tour of Biscayne Bay. See the incredible homes of the rich & famous.

Date: Tuesday, June 22

Time: 9:30 a.m. - 5:00 p.m.

Cost: Members \$32/ Guests \$34

## JULY TRIPS

Tickets on sale: Members Friday, June 4,  
Non-Members- Friday, June 11

### **Festival Flea Market**

Enjoy the cool indoors, while shopping at one of the best markets around. Lunch is on your own.

Date: Thursday, July 8

Time: 10:00 a.m. - 3:00 p.m.

Cost: Members \$2/ Non-Members \$4

### **Calder Race Track**

Enjoy live racing at its finest.

Date: Monday, July 19

Time: 11:00 a.m. - 5:00 p.m.

Cost: Members \$3/ Non-Members \$5

### **"Calling all Grandparents..."**

#### **Marlins vs. Phillies**

Join us for this intergenerational celebration...we are inviting our seniors to purchase a ticket for their grandchild (age seven and up) to enjoy an evening of fun. Together, cheer on our World Series Champs. Members may purchase a maximum of two guest tickets per Senior Center membership. (One for their grandchild and one for the child's guardian if they wish to attend.) Parental permission forms will be required for all youth participants.

Date: Tuesday, July 27

Time: 4:45 p.m. - 10:00 p.m.

Cost: Members \$15/ Non-Members \$17

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Sunrise Senior Center  
10650 W. Oakland Park Blvd.  
Sunrise, FL 33351

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